

Roberta Klopstein

Kenosha, Wisconsin

BONE DENSITY ■ CHOLESTEROL ■ DEPRESSION ■ ENERGY ■ SLEEP ■ WEIGHT LOSS



I'm Roberta Klopstein, and I'm 58 years young. I was lucky enough to be introduced to healthy chocolate in August of 2008. My friend, Nancy, shared some with me while on vacation in northern Wisconsin. She knew I loved dark chocolate! I noticed something different about my friend that summer. She looked wonderful!

In September, I started eating healthy chocolate regularly. Yes, I wanted to consume my healthy chocolate daily and get the benefits of high-antioxidants too! No brainer! Little did I know how it would change my life and health.

In three weeks, I started to notice my energy level was higher. I work some 10 hours a day as a hair stylist, and I felt just as good at 9:00 pm as I did at 9:00 am.

Since 2008 to the present, I no longer take cholesterol medication. I have lost 40 pounds with the protein shake, take half of my medication for depression, and I have increased my bone density in my spine by 2%! I don't have osteoporosis or osteopenia. My Nurse Practitioner wanted to know what had changed since my bone density test in 2006 to 2009. Since the only change between those years had been adding healthy chocolate to my daily food and nutrition intake, I would say that has been my Health Savior. My Nurse Practitioner was thrilled and excited for me, and became a healthy chocolate consumer too!

Did I mention I sleep great and don't crave candy or sweets? I know everybody is different, but I hope that my story can help others find better health with healthy chocolate. As they say "I'm not getting older, I'm getting better!"